

Miso-Glazed Mahi Mahi with Wilted Asian Red Cabbage Slaw

This recipe was provided courtesy of local cookbook author and chef, Carla Snyder. Learn more about Carla and discover her recipes at Ravenouskitchen.com.

Start-to-Finish: 30 minutes

Hands-On Time: 25 minutes

Serves 4

Ingredients

- 1 large carrot
- 1 Granny Smith apple
- 3 cups red cabbage, very thinly sliced
- 2 green onions, thinly sliced, divided
- 1/3 cup cilantro
- 1 fresh serrano chile (check to see how hot it is and add it accordingly)
- 1/2 cup peanuts
- 1 Tbsp. dry white wine
- 2 Tbsp. white miso (fermented soybean paste)
- 2 tsp. brown sugar, divided
- 1 tsp. soy sauce
- 1/4 cup rice vinegar
- 1/2 tsp. salt
- 1 tbsp., plus 2 tsp. vegetable oil, divided
- Four 6 oz. Mahi Mahi fillets
- Freshly ground black pepper



Instructions

1. Peel the carrot and apple, slice into matchsticks and transfer them to a medium bowl. Slice the cabbage and green onions very thin and mince the cilantro and chile. Reserve half the green onion for garnish and add all of the vegetables and peanuts to the bowl of carrot. Measure the white wine, miso, 1 tsp. brown sugar and soy sauce in a small bowl and stir it with a fork to create the miso glaze. Combine the remaining 1 tsp. brown sugar, rice vinegar, salt, and 1 Tbsp. vegetable oil in another small bowl to season the slaw.
2. Arrange the oven rack on the second highest position and preheat the broiler.
3. Heat a 12-in oven-safe frying pan over medium-high heat and add the remaining 2 tsp. vegetable oil. When it shimmers, add the Mahi fillets to the pan, skin side down. Cook the fish for 4 minutes without moving them and carefully spoon the miso glaze over the top of the fish being careful not to spill any on the bottom of the pan (it will burn, but if some drips down you can scrape it out of the pan later).
4. Transfer the pan to the broiler and broil the fish for 5 minutes or until it is cooked through and the top is golden and glazed.
5. Transfer the fish to four heated plates and scrape out any burned black miso with a spatula. Return the pan to medium heat. Add the rice vinegar mixture and bring the dressing to a boil. Quickly pour the hot dressing over the slaw and toss it for about 1 minute to thoroughly combine the flavors and wilt the cabbage. Taste and add more salt and black pepper as desired. Serve the slaw on the side with the Miso Glazed Mahi and sprinkle the remaining green onion over the tops.

Extra Hungry Kids? Add steam-in-the-bag microwave rice, either brown or white, for those hungrier-than-usual nights.

In the Glass: Look for a lean, crisp Pinot Gris from Oregon. You might be more familiar with its Italian cousin, Pinot Grigio but a bottle from Oregon will satisfy with apple, pear and melon flavors...perfect with the slaw.